

Wolf Pack WARRIOR

Vol. 18, No. 30 8th Fighter Wing, Kunsan Air Base, Republic of Korea August 22, 2003



**Learn
more
about
the
medical
group**

See page 4

NEWS BRIEFS

America Town hours

America Town hours are noon to midnight Fridays and Saturdays, and noon to 11 p.m. Sundays through Thursdays. The Oriental Club remains off-limits to all military personnel.

Cooking in squadron lounges

In accordance with the Unified Facilities Criteria 3-600-01, Design: Fire Protection Engineering for Facilities, cooking is banned in all squadron lounges effective midnight Aug. 31. The use of microwaves and popcorn machines is still authorized; however, any other type of cooking devices must be approved prior to use by the base fire marshal. Barbecuing in stand alone barbecues, separate from the facility, or barbecue pits is still authorized.

Power outage

There will be a base power outage 8 a.m. to 5 p.m. Saturday for maintenance to overhead electrical distribution lines. If there is bad weather, the power outage will be Sunday. For affected areas on base, tune into the Commander's Access Channel.



Courtesy photo

Propellant cleanup

Officials completed cleanup efforts Aug. 14 at Cape Canaveral Air Force Station, Fla., after rocket propellant leaked Aug. 12. Base officials said no one was injured, and there was no damage to the launch vehicle. Preliminary findings indicate during the load of the propellant, an oxidizer pump motor failed. The entire launch complex was evacuated.

Airmen killed, injured in accident

An airman was killed Aug. 13 in a car accident 40 miles south of Omaha, Neb. Airman 1st Class Ellee Smathers, 20, of Deland, Fla., was killed en route to her first duty station at Ellsworth Air Force Base, S.D. Civilian authorities are investigating the cause of the accident. The death was the Air Force's 25th since the "101 Critical Days of Summer" safety campaign started May 24. Twenty-one of the deaths involved vehicles.

Academy seeks new slogan

The U.S. Air Force Academy's Association of Graduates is seeking a new slogan to affix to the ramp-leading into the cadet area at the academy. Submit suggestions to editor@aog-usafa.org.



Photo by Staff Sgt. Maritza Freeland

CAN YOU HEAR ME NOW? Staff Sgt. Davinia Seay, Armed Forces Network-Kunsan broadcaster, interviews Mr. Yi, Ju Heon, a student at Howon University, and Mr. Kim, Jong Bong, a student at Kunsan National University, about their shadow program experiences as Staff Sgt. John Goolsby, 8th Operations Support Squadron, looks on. The college students, who were handpicked by their college presidents, toured Kunsan and shadowed Wolf Pack members from all groups Monday through today.

New program 'shadows' no other

By Capt. Krista Carlos
8th Fighter Wing Public Affairs

Kunsan Air Base offered a unique opportunity for eight local Korean students by hosting the first-ever university shadow program on the peninsula here Monday through today.

The students came from three local universities and were handpicked by their school's presidents to shadow Wolf Pack members while they perform their day-to-day activities as well as help them learn more about the American culture and military.

"The program gives college students a chance to interact with U.S. Air Force members to help them develop their English skills and understand the American culture better," said Ms. Rosemary Song, community relations advisor. "We want the students and their escorts to come away with a good understanding of each other's backgrounds and hopefully develop lasting relationships."

The students shadowed Wolf Pack members in a variety of career fields. Two students were assigned to each of the four groups, to include, operations,

maintenance, mission support and medical.

"Tuesday, we took the students to look at the weather tower and see what the observers do with the satellite and radar screens and how they update weather information," said Staff Sgt. John Goolsby, 8th Operations Support Squadron and escort. "We also took them on a tour to see what a pilot does before they fly a plane, and then we went to the recreation center and played some hoops."

"I liked the weather station," said Mr. Yi, Woo Taek, a student from Howon University. "I think the Americans are so funny and friendly. This program is a lot of fun."

Mr. Yi was not the only one who expressed excitement about the program.

"I feel very lucky with the things I've done and seen here," said Mr. Kim, Jong Bong, Kunsan National University student and 8th Medical Group shadow. "I'm directly connected with the things I am studying because I am a bioenvironmental engineering student. I haven't had too many chances to learn these things and Tuesday we learned about how to manage water treatment. It was

very helpful for understanding lots of things in my major."

Throughout the week, the students were given an opportunity to tour the explosive ordnance disposal flight, aircraft maintenance operations, medical operations and even enjoyed some of the base's services facilities such as the club and recreation center, said Ms. Song.

"In the past, Kunsan has focused more on creating programs and tours like these for elementary and middle school children, as opposed to college students. The reason this program is so important is because we are trying to reach out to the universities," said Ms. Song. "This program helps us to target a special community group and will hopefully help us develop close ties with them by showing them what we do."

"I have a good feeling about this program," said 1st Lt. Edgar Cadua, 8th Medical Operations Squadron and shadow escort. "When these students go back to college, they can tell their friends that Americans really aren't bad. We are just like them and here to do a job. This is definitely a good thing."

Knowledge is power

By Maj. William Culver
8th Fighter Wing chief of flight safety

“It’s great to learn, because knowledge is power!” Those of us who grew up in the 1970s may remember the jingle from Schoolhouse Rock cartoons shown Saturday mornings.

Although the commercials are a thing of the past, the lessons they imparted on the youth of America are still true today, especially in the U.S. military. Without power, the military would be just another branch of government, and acquiring power takes knowledge.

The first requirements of knowledge are learning and understanding. Being taught the ABCs in kindergarten was just the beginning of a lifelong educational process that started with reading, writing, and arithmetic. It continues today with regulations, check-lists, and proce-

dures. Every member of the Air Force strives to learn and understand everything required to do their specific portion of the Air Force mission. This allows them to correctly, efficiently and safely perform their day to day tasks.

Experience is the second requirement, and the Air Force provides ample opportunities. At Kunsan, Wolf War Days and combat employment and readiness exercises keep the Wolf Pack prepared to “Defend the base; accept follow on forces; and take the fight north” by allowing everyone to experience their wartime tasking in a training environment. Combine these training opportunities with experiences gained during previous assignments or during deployed operations and the confidence required to perform your specific mission is established.

The final requirement is the most important one, especially for the Wolf Pack — Teach, or as the Wolf

Pack creed states, “Train the young.” Kunsan is unique to the Air Force in that we turn the entire base population over once a year. That is massive amounts of corporate knowledge walking out the door. If that experience is lost, our ability to perform the simplest of missions is degraded. Pass on your learning, understanding, and experiences to those “younger” than you so they can not only learn, but so your knowledge is not lost to the Wolf Pack.

Combine these three fundamentals and what do you have ... power; the power to be the best at what you do; the power to be the right person for the job; the power to be lethal.

The military will provide you with the opportunity to learn and gain experience, but it is up to you to pass this information on to others. Doing so will not only guarantee your success, but the success of the U.S. military as well.

Action Line 782-5284

action.line@kunsan.af.mil



Col. Robin Rand
Commander, 8th Fighter Wing

The Action Line is your direct line to me. Use it if you have concerns or suggestions about the Wolf Pack that can't be resolved through the agency involved or your chain of command. When you call, please leave your name, a phone number where you can be reached and a brief description of your problem or concern. You can also send an e-mail to action.line@kunsan.af.mil.

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God, faith and Burger King

By Chaplain, (Lt. Col.)
Ron Underwood
8th Fighter Wing chaplain

I was at Burger King the other day, having it my way, when an interesting thought crossed my mind. It had to do with my faith and their Whopper.

All I had to do to enjoy my food was place my order, pay my money, grab my bag and retire to a quiet corner — where you wouldn’t see the chaplain practice gluttony. Did you notice I did not say anything about climbing over the counter and inspecting the place to make sure it met standards?

They said the burger was beef, but how was I to know it wasn’t kangaroo? They said it was flame broiled, but what was the fuel source, gas or dung pellets? I assumed the cook had washed his hands and wasn’t infectious, but how was I to be sure?

You see, in all these matters, I simply trusted the Burger King cook. I trusted implicitly — with-

out question — without even giving it a thought. What does faith have to do with this story?

Simply this: God asks but one thing from each one of us — put at least as much faith in Him, if not an inkling more, as we put in the cook at Burger King. When we genuinely do this, we will often find our life super-sized with divine blessings.

What is genuine faith anyway? Is it merely believing the right stuff? If we know who King James is, can quote the Apostle’s Creed, and explain the Holy Spirit in 9 seconds or less — do we have it? Or is true faith simply a matter of not doing the wrong thing?

You know the old adage, “I don’t smoke and chew, and I don’t date girls who do.” Is faith no more than being a good boy or girl? If this is all there is to faith, then my pet Pomeranian is to be applauded.

As important as believing the right stuff and refraining from the wrong

stuff really is, surely there must be more to faith than this?

True faith is an exciting hunt for the Holy in the wilds of spirituality. Notice I did not say ‘religion.’ Religion is external, public and can be faked. Spirituality is deeply personal, honest-to-God genuine and cannot be faked.

The faith-hunt has as its focus, the discovery of the true God. The faith-hunter knows gods are a dime-a-dozen and can be formed from just about any feeling, idea or wad of money. Those on the faith-hunt will not quit until they have bagged the true God in their soul. When they do this, they will surely know it — for Someone as big as God cannot cross your path unknown.

Yet, the faith-hunter also knows this hunt takes no less than a lifetime to pursue, so they endure. They gladly accept the many rigorous challenges of the hunt: single-mindedness, holiness, unanswered questions and pub-

lic perceptions. Yet, for the true faith-hunter there is nothing more important. Life is the pursuit of God; everything else is just details.

Faith in God: what is it really? I cannot tell you because it is so deeply individualistic. In its bare essence, it is something you must define for yourself. But you will need some help. Read the scriptures. Pray deeply and regularly. Surround yourself with friends who are on the same quest. Feed your ears and soul with wholesome music. Live out what you already know is right. Oh yes, seek wise counsel.

Perhaps one of your chaplains can be of help. Give us a call. We’ll meet you at Burger King for a cup of coffee or perhaps more. With God, you may not be able to ‘have it your way’ all the time, but you will be very glad you engaged the hunt.

Life is full of whopper decisions. Don’t go it alone. Seek Him with all your heart, and He will be found.



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Weeknights at 6 and 10 p.m.

Channel 6



**WOLF PACK
WARRIOR**
Vol. 18, No. 30

Defend the base
Accept follow-on forces
Take the fight North

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Submissions

Deadline for submissions to the **WOLF PACK WARRIOR** is 4 p.m. Thursdays for the next week’s edition. Submission does not guarantee publication. The staff reserves the

right to edit all submissions to conform to Air Force journalism standards, local style, and available publication space. Submissions should be e-mailed to wolfpackwarrior@kunsan.af.mil and include the author’s name, rank and duty phone. Fax and typewritten submissions are also accepted.

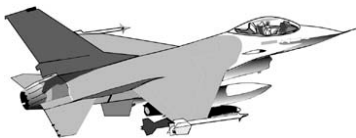
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MONTHLY SORTIE GOALS

Unit	Goal	Flown
35th FS	330	241
80th FS	359	192
8th FW	689	433



Personnel tip

Online DD Form 93

An electronic replacement to the Department of Defense Form 93, called the Virtual Record of Emergency Data is designed to expedite processing in the casualty affairs arena. Air Force members will be able to directly update their personal data from any computer (.mil access not required) at www.afpc.randolph.af.mil. The vRED system will automatically prompt individuals to review and update their data every six months and upon PCS.

Week offers officer, enlisted interaction

MAXWELL AIR FORCE BASE, Ala. — For the first time in a professional military education setting, second lieutenants and senior noncommissioned officers got together to interact. The environment allowed for improved leadership, followership and mentorship between officers and enlisted airmen.

During an initiative called "Combined Operations Week," 623 Air and Space Basic Course students and 342 Senior NCO Academy students merged into flights at Air University here Aug. 4 to 8. They discussed roles and expectations and worked shoulder-to-shoulder in team exercises.

The curriculum used lessons taught in both schools, including principles of war, tenets of air and space power, Air Force-distinctive capabilities, core competencies, core values, and professional development.

In the classroom, teams participated in guided discussions, warfighting scenarios and lectures, while field exercises centered on team-building projects.

"Initial feedback from students has been favorable," said Col. Rick Anderson, ASBC commandant. "Early critiques indicate this is going to pay big dividends, many in the area of improved communication between company grade officers and senior NCOs."

"Enhancing mission performance through improved communications is extremely important to the Air Force," he said. "Combined Operations Week creates an effective conduit to communicate, understand and appreciate every member's respective (role) in our U.S. Air Force."

The goal of the initiative, officials said, is an increased appreciation of the talents officers and enlisted airmen bring to the fight. Key objectives include highlighting the role of the com-

pany grade officer as a leader to the enlisted corps and the role of the senior NCO as a mentor to the junior officers.

"The intent of Combined Operations Week, in its simplest form is what has been happening throughout our Air Force for decades," said Chief Master Sgt. David Andrews, the academy's commandant.

The chief explained that while senior NCOs have always served as mentors to junior officers, with this initiative, that expectation is now "institutionalized." In turn, senior NCOs should understand that while their mentorship responsibility to junior enlisted and new lieutenants is essential, their role as followers is equally important.

"As a lieutenant progresses, we must be good followers and supporters," said academy student Senior Master Sgt. Richard Perez, from Randolph Air Force Base, Texas. "After all, most officers start as second lieutenants, and it is the early mentorship provided by senior NCOs that will enhance their ability to lead enlisted members as they progress through the ranks."

Working in flights that averaged eight officers and five enlisted airmen, the opportunity to learn was abundant.

"What I've learned is that senior NCOs want to listen to our perspectives as junior officers, and would like to know why we make the decisions we do," said ASBC student 2nd Lt. Floyd Green, from Barksdale AFB, La.

Having gone through the team leadership exercises, the lieutenant said he has discovered that a senior NCO's input is a valuable tool, critical to officers in their decision-making process.

Phil Berube and Master Sgt. Mike Land contributed to this report.



Project 'X': (From left) 2nd Lts. Alan Condor and Kira Harvey, Master Sgt. Jerry Gibson and 2nd Lt. Patricia Currin attempt to cross one of the water obstacles in a "Project X" exercise during Combined Operations Week at Maxwell Air Force Base, Ala.

Article 15 actions released

By Staff Sgt. Teresa Ulring
8th Fighter Wing Legal Office

Six members of the Wolf Pack received punishment under Article 15 of the Uniform Code of Military Justice during the month of July.

A Senior Airman from the 8th Aircraft Maintenance Squadron received Article 15 punishment for disrespect toward a staff sergeant, failure to obey orders, and resisting apprehension, violations of Articles 91, 92, and 95, UCMJ. The commander imposed punishment consisting of a reduction to the grade of airman first class, suspended for six months, forfeiture of \$200 pay per month for two months, 30 days restriction to base, and a reprimand.

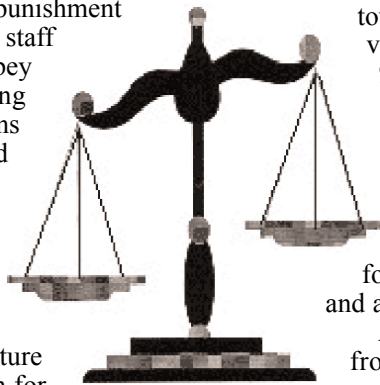
A staff sergeant from the 8th Maintenance Squadron received Article 15 punishment for being in America Town after curfew, a violation of Article 92, UCMJ. The commander imposed punishment consisting of reduction to the grade of senior airman, forfeiture \$912 pay per month for two months, and a reprimand.

A staff sergeant from the 8th MXS received Article 15 punishment for being in A-town after curfew, a violation of Article 92, UCMJ. The commander imposed punishment consisting of forfeiture \$500 pay and a reprimand.

A senior airman from the 8th MXS received Article 15 punishment for being in A-town after curfew, a violation of Article 92, UCMJ. The commander imposed punishment consisting of reduction to the grade of airman first class, forfeiture \$250 pay, and a reprimand.

A senior airman from the 8th MXS received Article 15 punishment for being in A-town after curfew, a violation of Article 92, UCMJ. The commander imposed punishment consisting of forfeiture \$250 pay and a reprimand.

An airman from the 8th Security Forces Squadron received Article 15 punishment for failure to go, a violation of Article 86, UCMJ. The commander imposed punishment consisting of forfeiture of \$645 pay and 30 days restriction to base.



U.S Aircraft in Moscow

Participation in air show is U.S. military first

By Master Sgt. Kenneth Fidler
U.S. Air Forces in Europe Public Affairs

ZHUKOVSKY, Russia — U.S. Air Force aircraft landed at Ramenskoye Airfield just south of Moscow Monday to participate in the Moscow Aviation and Space Show, a first for the U.S. military.

Visitors will get a close-up look at five U.S. Air Force aircraft and see a daily F-15C Eagle aerial-demonstration flight along with MiG-29s and Su-27s piloted by Russian air force flight demonstration teams.

The American aircraft on display include the B-52 Stratofortress, F-16 Fighting Falcon, F-15E Strike Eagle, KC-135 Stratotanker and C-130 Hercules. They are among the 200 aircraft participating from around the world.

"This is a unique opportunity for us to showcase our capability," said Col. Stephen Mueller, the 52nd Fighter Wing commander from Spangdahlem Air Base, Germany, and the U.S. military cadre commander at the show. "Our participation enhances our military-to-military contacts with Russia and supports



Russian air force deputy commander, Gen. Lt. Alexander Nikolaevich Zelin (center), greets Col. Stephen Mueller (right) and Maj. Kevin Thrash at Ramenskoye airfield in Zhukovsky, Russia, for the 6th Moscow Aviation and Space Show. Five U.S. Air Force aircraft are on display at the event, a first for the U.S. military. Mueller is the 52nd Fighter Wing commander from Spangdahlem Air Base, Germany, and the U.S. military cadre commander at the show. Thrash is the Russia desk officer for U.S. Air Forces in Europe's plans and programs directorate.

our security cooperation. In the end, it strengthens our good relations."

The air show opened Tuesday for industry leaders; it is open to the public today through Sunday. In 2001, the Department of Defense participated with a technology booth, but this is the first time U.S. military aircraft have been on display at the show.

Q & A Meet 'Hawk', the 8th MDG

**Editor's Note: Col. Kimberly Slawinski assumed command of the 8th Medical Group in a ceremony June 10. The Wolf Pack Warrior recently had an opportunity to sit down with Colonel Slawinski and find out a little about her and the 8th MDG.*

Wolf Pack Warrior: What was your first impression of Kunsan and the Wolf Pack?

Col. Kimberly Slawinski, 8th Medical Group commander: I saw Kunsan for the first time at Christmas in 1980, when it was very cold, snowy and the wind was blowing really hard. I had time off from medical school to visit my husband, who was a Pantan here from 1980 to 1982. I quickly realized this was an amazing place. The mission focus, esprit de corps and camaraderie of the Wolf Pack exceeded anything I had seen before or since. I'm glad this warrior attitude has not diminished with time because now I get the opportunity to be part of it.

One thing that has greatly improved is the infrastructure, especially with the "can do" attitude of the people. For instance, the biomedical folks took some old public restrooms and showers, had the plumbing ripped out, and turned it into a work area. The amenities are better too - you can get more than one flavor of ice cream nowadays, whereas it seemed the only flavor 20 years ago was pumpkin.

WPW: What is your leadership philosophy?

Colonel Slawinski: Take care of your people and they will take care of the mission. The biggest part of taking care of people is mentorship. First, mentors must lead by example, lead from the front. Then mentors need to find their people's strengths and help them capitalize on those attributes.

As a leader, I define the vision, lay out why it is important, give people some ideas on how to get there, and set the rules of engagement. Then I get out of the way and try not to micromanage them. If you give people a direction, the right tools and turn them loose, you'd be astounded at what they will accomplish. That freedom to act gives people the pride of ownership too.

Of course along the way, I watch to make sure they stay on track. My goal is to make my folks successful, protect them from unnecessary interference, and make sure they get all the credit for their accomplishments.

WPW: What is the medical group?

Colonel Slawinski: The group consists of two

squadrons, the 8th Medical Operations Squadron, which is responsible for the clinical side; and the 8th Medical Support Squadron, which has the bulk of the wartime preparation.

I like to mirror the base mission in our mission. What does the medical group contribute to "Defend the base" — whooah? Besides providing direct casualty care, we "train the trainers" for self-aid and buddy care in the field. The bioenvironmental engineers, public health, pharmacy and lab also help detect, identify and mitigate the threat of chemical, biological and radiological weapons. A large part of that is making sure your food, water and air are safe.

The medical group will "Accept follow on forces" big time. Day to day, we're a small outpatient clinic providing basic primary care, flight medicine, life skills support, physical therapy and dental. The clinic doesn't have any inpatient beds or major surgical capability. During a contingency operation, we will ramp up to a large hospital very quickly; over 100 beds, six operating rooms and intensive care units. The group will expand from about 150 people to over 400 in three squadrons.

For the last part of the Wolf Pack Mission, "Take the fight north," the Med Dawgs keep the Wolf Pack fit to fight. We do that in several ways that aren't immediately obvious. Of course, if you need your periodic health assessment, immunizations, or treatment for illness or injury, you come to our clinic. The health and wellness center promotes, assists and evaluates healthy living styles through physical fitness, eating right and tobacco cessation. Our aerospace physiologist works, not only with the pilots, but also with the security forces and anyone else, on human performance issues like work/rest cycles. Many do not realize how critical dental care is to readiness. Our dental clinic has the largest patient load of the medical group, putting the "bite in the fight."

WPW: What are some of the major accomplishments from the medical group from the past year?

Colonel Slawinski: One thing is primary care optimization. PCO is like flight medicine for everyone. It means each unit on base has a designated medical team consisting of a doctor, a nurse, two technicians and an administrative person. You don't have to wonder who's going to take care of you most of the time. You should know your team and your team should get to know you, so we don't have to reinvent the wheel every time you come to the



Photos by Staff Sgt. Robert Wollenberg

Col. Kimberly Slawinski, 8th Medical Group commander, examines a patient's eyelids using a high magnification slit lamp Tuesday at the clinic.

clinic. The teams love it and the patients seem to love it too.

The second big accomplishment is the conversion from an old air transportable hospital, which was a behemoth that required tons of space to store, took forever to stand up, and had to be almost completely assembled before it was useable. Now we've converted to the modular Expeditionary Medical Support. The EMEDS system can do the same contingency mission, but it fits in a much smaller space and can be put up quickly in sections with the first section immediately available for surgery. This is a huge advancement in technology and concept of operations.

WPW: Is there anything you'd like to add?

Colonel Slawinski: I volunteered to come to Kunsan. This is such a special place, and I can't imagine a career without it. Yes, I miss my family. It's hard for them too, but we stay in close touch.

The way I see it, remote assignments are a little like bumps on a ski slope; they're either obstacles or challenges. I prefer to see this as a marvelous challenge. You can focus on the mission, you can really take care of your people because you see them both at work and after work, and you have time to do something for yourself.

Korea is also a beautiful country. I encourage everyone to get out to see it and experience the culture. This assignment is what you make of it — and the time passes by entirely too fast.



Staff Sgt. Brandy Mimitz, NCOIC of records and reception, looks for a patient's record Tuesday at the clinic. Sergeant Mimitz manages more than 3,000 medical files.



Senior Airman Amanda Tucker, diagnostic imaging apprentice, sends X-ray images to Osan Air Base Tuesday to be read. The new digital system for X-rays allows them to be read in 24 hours rather than up to a week. The new system was installed here about six months ago.

WOLF PACK
Crime Watch

Aug 11:

Helping hand — A senior airman called the security forces control center about a possible helping hand. Patrolmen were briefed and dispatched. A staff sergeant and a civilian were challenged by one of the patrolmen, and a helping hand was initiated. The two suspects were searched and handcuffed. The staff sergeant said he crossed into the restricted area through the free zone. The two suspects were briefed on proper entry and exit procedures for a protection level area and were released.

Government vehicle accident — The SFCC received a call from a staff sergeant who reported a traffic accident at building 301. A patrolman was briefed and dispatched. The investigation revealed the driver of vehicle one rear-ended vehicle two. Damage to vehicle one consisted of a 9-inch long and 5-inch deep dent on the front bumper, a broken passenger side turn signal, and a 6-inch scrape on the passenger side bumper. Damage to vehicle two consisted of paint transfer.

Article 134, Firearm, discharging through negligence — An interpreter called the SFCC and said he was told a security forces member had discharged his weapon. The airman first class was called by the SFCC and said he'd accidentally fired his weapon. Patrolmen responded to the airman's duty location. The airman was disarmed and detained.

Aug 12:

Theft of private property — The SFCC received a call from a Korean civilian who said his bike had been stolen. The last time he'd seen his bike was July 29.

Aug 13:

Government vehicle accident — The SFCC received a call from an airman

first class about a government vehicle accident behind building 828. Patrolmen were briefed and dispatched. An investigation revealed the airman misjudged the clearance while driving through a gate. Damage to the vehicle consisted of a 3-inch paint transfer on the vehicle and a 2-inch paint transfer on the gate pole.

Aug. 14:

Article 92, Failure to obey an order or regulation — While conducting a perimeter check of America Town after it was closed at 9 p.m., three Town Patrol members saw a vehicle with four military people in it pass by. Two Town Patrol members gave foot pursuit but were unable to stop the vehicle. A call was placed to the SFCC relaying the vehicle's information. The vehicle was stopped before entering Kunsan Air Base. Town Patrol members arrived and identified the vehicle's passengers who were detained.

Damage to government property — An airman first class called the SFCC and said the front window to Bravo-six, the munitions storage area entry control point, had been damaged. The damage consisted of an 11-inch diameter hole with cracks all around it.

Aug. 15:

Controlled area/escort violation — A staff sergeant with ammunition control called the SFCC and said he had four people enter the munitions storage area without an escort. Patrolmen were briefed and dispatched. A technical sergeant told a patrolman he saw the people come into the area from the free zone without an escort. Patrolmen made contact with 12 Korean Nationals who were escorted to the entry control point. The area's Korean National supervisors were called. The supervisors took the keys from the Korean Nationals who allowed entry into the controlled area. The keys were then turned over to a captain in the

8th Maintenance Squadron who was also briefed on the escort violation.

Article 92, Failure to obey an order or regulation; and Article 111, Drunken driving/refusal — A senior airman was stopped by a security forces patrol for riding a bicycle in a dangerous manner down Avenue B towards the armory. The airman was also riding without any protective gear or lighting. When asked about this, the airman said he was just out for a ride. The airman was picked up for violation of Article 92. A field sobriety test was performed on the airman, but he refused to consent to a search or seizure. The staff judge advocate was called and told of the airman's refusal. The 8th Mission Support Squadron commander gave verbal authorization to search or seize blood from the airman.

Damage to private property — A senior master sergeant and a senior airman noticed two mopeds at building 1511 were damaged while conducting a walk through for Wolf Pack Patrol. The sergeant called the SFCC and asked a patrol meet him there. Damage to the first moped consisted of it being overturned with minor scratches. The second moped had its trunk opened and the lock was missing.

Aug 16:

Escort violation — An airman first class called the SFCC and said he had an escort violation. A Korean National contractor said he'd left the person he was escorting on base to finish his work while he went off base. The Korean National was briefed about escort policies and released.

Article 112, Drunk on duty — A senior airman called the SFCC and said a staff sergeant had told a senior master sergeant that he'd seen an airman first class earlier drinking at the Loring Club and knew he had to work. Patrolmen were briefed and dispatched. The patrolmen apprehended the airman and transported him to building 590. A field sobriety test was done and the airman consented to seizure of blood via an Air Force Form 1364. He was advised of his rights in

accordance with Article 31 of the Uniform Code of Military Justice and the charges against him. A patrolman took him to the urgent care clinic. Upon arrival, the airman rescinded his consent to seize blood. The staff judge advocate was notified of his refusal. The 8th Mission Support Group commander gave verbal authorization to search and seize blood from the airman.

Privately owned vehicle accident — A Town Patrol member notified the SFCC a person had run his POV into a wall in America Town. Damage consisted of dents and scratches to the front of the vehicle and damage to bricks in the wall. A senior airman was apprehended for driving without an off-base license. The airman was charged with an Article 92, Failure to obey order or regulation, violation and advised of his rights.

Damage to government property — A staff sergeant called the SFCC and said a technical sergeant had discovered the first floor laundry room screen window had been damaged in building 618. Patrolmen were briefed and dispatched. The technical sergeant said someone threw a rock through the screen and caused the damage to the window screen. Damage consisted of a tear in the screen approximately 8-inches in length and 6-inches in width. The rock was taken as evidence.

Article 92, Failure to obey order or regulation; and Article 95, Resistance, flight, breach of arrest and escape — A Town Patrol member notified the SFCC a specialist had been apprehended for Article 92 and Article 95 violations. The specialist was in America Town when he saw two security forces members walking towards him. He turned and ran away when they asked him what he was doing in the off-limits part of A-Town. The specialist turned the corner and came to a dead end where he complied with the security forces members' commands.

Aug. 17:

Nothing to report.

Courtesy of the 8th Security Forces Squadron

Congrats to first
term airman's
center graduates

Airmen 1st Class:

Phillip Allen, 8th Maintenance Squadron
Theresa Boschert, 8th MXS
Glen Delostrico, 8th MXS
Giovanni Garzona, 8th Civil Engineer Squadron
Nathaniel Jones, 8th MXS
Joseph McMillan, 8th Communications Squadron
Tam Nguyen, 8th MXS
Narc Scott, 8th MXS
Daniel Staggs, 8th MXS
Amanda Swenson, MXS
Ronald Tinney, 8th MXS
Joseph Tvrdy, 8th CES
Jermaine Wright, 8th MXS

Airmen:

Erin Gilmore, 8th CS
Ryan Kossey, 8th CES
James Lathum, 8th Aircraft Maintenance Squadron

Information courtesy of FTAC



OF THE
PRIDE PACK

Job: 8th Maintenance Squadron, transient alert/crash recovery section chief

Primary Duty: Supervises all assigned aircraft maintenance technicians to recover, inspect, service, and launch all transient U.S. and Republic of Korea military and civilian aircraft transiting into Kunsan

Hometown: Worthington, Ohio

Follow-on: Moody Air Force Base, Ga.

Hobbies: Restoring classic cars

Favorite music: Everything

Last good movie you saw: "Pirates of the Caribbean"

Best thing you've done at Kunsan: Being a part of this tight community has helped me grow as a person and as a supervisor.

"Sergeant Jenkins is the wing liaison for combat cross-servicing scheduling with the Republic of Korea air force. He has taught training on ROKAF F-4, F-5, and F-16 aircraft, which has helped improve communication during emergency scenarios. His work with the ROKAF proved vital when he assisted with the crash recovery efforts of a downed F-4. In April's Operational Readiness Inspection, his leadership was recognized by Pacific Air Forces Inspector General members. He regularly volunteers for Town Patrol duty. Clearly, Sergeant Jenkins' superior performance make him truly deserving of recognition with the 'Pride of the Pack' award."



Tech. Sgt.
Thomas Jenkins

Master Sgt. Keith Fieschel
8th Maintenance Squadron

Integrity ❖ Service ❖ Excellence

Lt. Col. (Dr.) Thomas Marshall, dental flight commander, grinds down an impression in the dental flight's laboratory.



Senior Airman Miriam Larson, dental technician, prepares the dental room for the next patient. She covers the handles of the light fixture to prevent cross contamination during exams, which can be caused when the dentist adjust the light and touches it with his hand.



Airman Larson checks the equipment left in the sterilizer to see if it's been run through. Equipment is taken from the "dirty" side of the room to the "clean" side of the room to keep track of dental equipment that still needs to be cleaned and sterilized.



Colonel Marshall is one of four dentists who treat Wolf Pack members at the dental clinic. The clinic here normally does cleanings, limited wisdom tooth extractions

and some gum and bone work. People who need more specialized attention are usually referred to another dental clinic.

Photos by Tech. Sgt. Kelley Stewart



Airman Larson notes on a clipboard the date a sterilizer was run and the load put in it. Dental equipment used in patients' mouths are put in a washer/disinfector before being sterilized.



Airman Larson marks the sterilization tape with the equipment wrapped in paper and the date it was wrapped. There are lines in the tape that will turn color once the equipment has been sterilized.



Colonel Marshall cuts away any remaining imperfections from the teeth impression with a knife before making the mouth guard to ensure a perfect fit.



Impressions of a person's upper teeth are made from a mold taken earlier that day. The impression will be used to make a mouth guard for intramural football.

Dental flight: Keeping the Wolf Pack smiling

By Tech. Sgt. Kelley Stewart
8th Fighter Wing Public Affairs

Many people dread going to the dentist. They are under the impression they're going to be hurt.

However, dentists have tried to limit pain since the practice of dentistry began. Ancient Chinese dentists used acupuncture to help people suffering from dental pain.

The people assigned to the 8th Medical Group Dental Flight are still trying to overcome the age-old belief that visiting a dentist is painful.

As a matter of fact, the biggest misconception about visiting the dental flight is there will be pain. To deal with these fears, members of the dental flight do a lot of one-on-one counseling with their patients.

"We're the only group that works to prevent people from coming to see us," said Master Sgt. Matthew Lofland, dental flight NCOIC. "We're working to put ourselves out of business."

The dental flight is here to serve the men and women of the Wolf Pack. Four general dentists and 10 dental technicians work hard to keep people smiling.

"We are basically an emergent/



Colonel Marshall grinds down an impression made of a person's upper teeth to make a mouth guard for the upcoming flag football season. Mouth guards can be made in about two hours from taking the impression to smoothing the guard's rough edges. Mouth guards should be worn for all intramural sports.

restorative clinic," said Lt. Col. (Dr.) Thomas Marshall, dental flight commander. "We don't have specialists here."

The clinic does cleanings, some wisdom teeth extractions, and some work on bones and gums.

The Air Force has four dental categories people fall into. Category I, no

dental work needs to be done; Category II, there is some dental work to do but it can wait more than a year; Category III, there is dental work to do that needs to be done within the year; and Category IV, the person has not visited the clinic in 13 months. Anyone in Categories III and IV are no longer worldwide deployable.

Most people who are sent to Kunsan are either in Category I or II. However, some people in processing the base receive dental appointment slips. Usually it's because they haven't had a dental exam in a year.

"We'd like 95 percent of our rated and non-rated people in Categories I and II," Colonel Marshall said.

If a person requires more serious dental care, for example, due to a sports injury, the dental clinic can refer him to a specialist. However, the dentists here can stabilize him before sending him out.

"If you break your jaw, we would stabilize you and refer you to an oral surgeon," Colonel Marshall said. "If you only chip a tooth, we would handle it here."

To help prevent sports related injuries, the dental clinic makes personalized mouth guards. The whole process, from start to finish, takes about two hours. It begins with making impressions of a person's teeth and ends with smoothing the rough edges off the custom-fitted mouth guard.

Although some of the instruments dentists use look a little like medieval torture devices, dentists actually help people maintain pain-free smiles.

7

DAYS

Today

Free food night The Loring Club offers barbecue chicken 6 to 9 p.m. for club members.

Smorgasbord buffet The Loring Club offers a lunchtime super smorgasbord from 11 a.m. to 1 p.m.

Howlin' Bowl The Yellow Sea Bowling Center has Howlin' Bowl starting at 6 p.m. The cost is \$6 per person.

Karaoke night The Falcon Community Center hosts karaoke night at 8 p.m.

Midnight breakfast The Loring Club has midnight breakfast 11 p.m. to 2:30 a.m.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 a.m and 6:30 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

Saturday

Photo Club trip The photo club has a trip to the local countryside departing the community center at 6 p.m..

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. Busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2. For more information, call 782-4619.

Wolf Pack Wheels Departs Kunsan for Osan AB at 7:30 and 10 a.m. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

Spades tournament The Falcon

Community Center hosts a spades tournament at 7 p.m. The winner receives a phone card.

Sunday

Brunch Extravaganza The Loring Club offers entree and side dishes for Sunday brunch from 10:30 a.m. to 1 p.m. Price is \$11.95 per person for club members.

B-I-N-G-O The Loring Club has bingo at 2 p.m. For more information, call 782-4575 or 782-4312.

Darts The Loring Club has a darts tournament at 7 p.m.

Chess tournament The Falcon Community Center has a chess tournament at 7 p.m. The winner receives a phone card.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. and noon. The bus returns to base at 5 and 6 p.m. Tickets are \$10/\$9 one way and \$20/\$18 round trip.

E-Mart trip The Falcon Community Center hosts a shopping tour to E-Mart in Kunsan City. The busses depart the base at 10 a.m., noon, 2 and 4 p.m. Busses return to base at 1, 3 and 6:30 p.m. The cost is \$2.

Monday

Pizza The Loring Club offers pizza 6 to 8 p.m. The cost is 50 cents.

9-ball tournament The Loring Club has a 9-ball tournament at 7 p.m. For more information, call 782-4575 or 782-4312.

Movie madness The Falcon Community Center has a double feature movie madness at 6 p.m.

Mexican Fiesta The Loring Club offers a lunchtime Mexican fiesta 11 a.m. to 1 p.m.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. The bus returns to base at 5 p.m. Tickets are \$10 one way and \$20 round trip.

Tuesday

Sumo wrestling The Loring Club hosts sumo wrestling at 8 p.m.

9-ball tournament The Falcon Community Center has a 9-ball pool tournament at 7 p.m. The winner receives a phone card.

Wolf Pack
volunteer
appreciation

- ◆ Habitat for Humanity
- ◆ Handicap facilities
- ◆ Orphanage



Seonyou
Island



There will be a all day trip to Seonyou Island Sept. 4 for anyone who has volunteered more than once for a public affairs community relations activity.

The trip is free of charge, includes lunch and is on a first come, first serve basis. Anyone interested should have supervisor's permission and meet at the Loring Club at 8:15 a.m. Attire is casual. Sign up by 3 p.m. Thursday by e-mailing SongAe.Song@kunsan.af.mil.

Kun burger The Loring Club has a \$2 Kun Burger 6 to 8 p.m.

Wolf Pack Wheels Departs Kunsan for Yongsan at 7:30 a.m. The bus returns to base at 3 p.m. Tickets are \$15 one way and \$30 round trip.

Wednesday

Free food The Loring Club offers club members patio barbecue from 6 to 9 p.m.

Karaoke night The Falcon Community Center hosts karaoke 8 p.m. to midnight.

Wolf Pack Wheels Departs Kunsan for Osan at 7:30 a.m. The bus returns to base at 5 p.m. Tickets are \$10 one way and \$20 round trip.

Texas barbecue The Loring Club has a Texas-style barbecue buffet 11 a.m. to 1p.m.

8-ball tournament The Loring Club has a

8-ball pool tournament at 7 p.m. The winner receives a phone card.

Thursday

Two-for-one steak night The Loring Club offers two for one steak 5:30 to 8:30 p.m.

Darts 501 The Falcon Community Center hosts a darts tournament at 7 p.m. The winner receives a phone card.

Ladies night The Yellow Sea Bowling Center offers Ladies Night starting at 6 p.m. Ladies bowl for free.

Wolf Pack Wheels Departs Kunsan for Yongsan at 7:30 a.m. The bus returns to base at 3 p.m. Tickets are \$15 one way and \$30 round trip.

Submit your events for 7-Days by sending an e-mail to wolfpackwarrior@kunsan.af.mil. Submissions must include the time, date, place, point of contact and a phone number.

MOVIES

Saturday

“*Bad Boys II*” (R). 7 and 9:30 p.m.

Sunday

“*The Hulk*” (PG-13). Starring Eric Bana and Jennifer Connelly. 6 and 8:30 p.m.

Tuesday

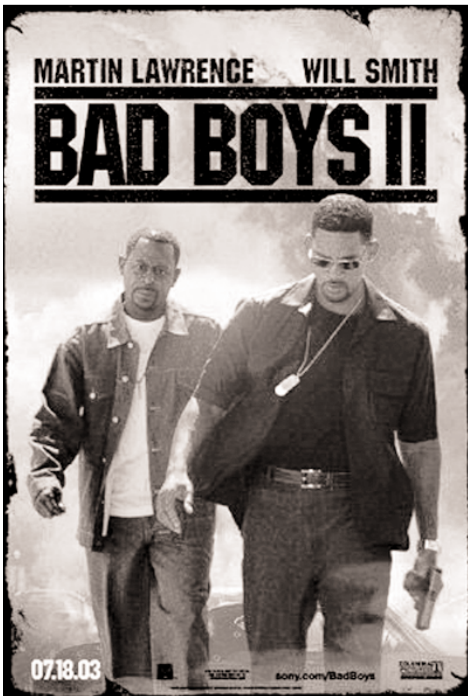
“*The Hulk*” (PG-13). 8 p.m.

Wednesday

“*Wrong Turn*” (R) Eliza Dushku and Desmond Harrington. 8 p.m.

Thursday

“*Wrong Turn*” (R) 8 p.m.



Tonight

“*Bad Boys II*” (R) Starring Martin Lawrence and Will Smith. 7 and 9:30 p.m.

Jeju Island

The Falcon Community Center has a trip to Jeju Island Labor Day weekend. The trip departs Aug. 30 and returns Sept. 2. This tour takes you to a vacationer's paradise with fine beaches, subtropical vegetation, quaint thatched cottages, waterfalls, lava and rock formations and colbalt blue water. The cost is \$370. The deadline to sign up is Tuesday.

TMO CLOSURE

The transportation managment office, household goods, passenger travel and cargo movements office closes noon Aug. 29 for a flight function. Anyone traveling on official business prior to Sep. 5 will need to pick up tickets before TMO closes. For more information, call Master Sgt. Kenneth Thomas at 782-5391.

Education

Scholarship Children of Wolf Pack personnel may be eligible for the Boys and Girls Clubs of America Presidential Freedom Scholarship. The youth must be involved with a B&GCA, whether it is on a military installation or in a local community. Nominees must be juniors or seniors in the 2003-2004 academic year and must have provided 100 hours or more of exemplary service to the community. The B&GCA must submit the application.

Teachers needed The education center is in need of teachers. Many enlisted personnel are trying to go to school here but often run into road blocks when it comes to course availability. This is often due to a lack of teachers. Without the luxury of many college professors here, the education center must rely on the officer and enlisted corps to carry the load. If anyone is interested in teaching, call the University of Maryland at 782-4758 and Central Texas College at 782-5152.

Enlisted commissioning program There will be an enlisted commissioning briefing open to anyone interested in applying for officer training school, ROTC or the airman education commissioning program at 9 a.m. and 1 p.m. Today at the education office, in building 1051. For more information, call 782-5148.

CDC testing Career Development Course testing is 9 a.m. Thursdays in building 1053, room 3. Unit training managers must make appointments for testing.

Meetings

AFSA The Air Force Sergeant's Association meets at 4 p.m. the second Tuesday of each month in the Loring Club Officers' Lounge.

Focus 5/6 The Focus 5/6 welcomes Air Force and Army E-5s and E-6s to meet at 3 p.m. the second Wednesday of each month at the Loring Club.

Top 3 The Kunsan Top 3 meets 4 p.m. the second Wednesday of each month at the Loring Club.

Airman's Advisory Council The council meets 3 p.m. the last Tuesday of the month in the Loring Club Officers' Lounge. All airmen, E-1 to E-4, are invited to attend.

FSC

Pre-separation class The family support center offers a pre-separation class 9 to 11 a.m. today in building 755. For more information or to register, call 782-5644.

Financial brief The family support center offers a personal financial management program briefing 4 p.m. Monday in building 755, room 215. This is a mandatory brief for all senior airmen and below and all airmen at their first duty station. For more information, call 782-5644.

Survival Korean The family support center offers a survival Korean language class 10 a.m. to noon Tuesday in building 755, room 215. For more information or to register, call 782-5644.

Family reunions The family support center offers a family reunion brief 3:30 p.m. Tuesday in the theater. No registration is required. For more information, call 782-5644.

Korean cooking class Learn to cook Japchea 11:30 a.m. to 1 p.m. Wednesday at the Sonlight Inn. For more information or to register, call 782-5644.

Kunsan City tour The family support center offers a Kunsan City walking tour 9 a.m. to 4 p.m. Saturday. The cost is 20,000 won and includes transportation, lunch and incidentals. To register, call 782-5644.

Volunteer Opportunities

Sonlight Inn The Sonlight Inn needs units to volunteer for the Friday meals. The chapel is looking for units to volunteer through the end of the year. If interested or for more information, call Senior Airman Jessica Duplantis at 782-4300.

CISM peer counselors The life skills support clinic seeks volunteers interested in becoming critical incident stress management counselors. Counselors will receive training. For more information, call Capt. Robert Vanecek at 782-4562.

Korean orphanage The local Kae Chong Orphanage needs volunteers. Wolf Pack personnel volunteer Thursdays to spend time with about 40 children. Volunteers should meet at the military personnel flight parking lot at 6:15 p.m., for a 6:30 p.m. departure. Transportation is provided. For more information, call or e-mail or call Airman Nathan Biles at 782-5960.

Chapel

Latter-Day Saint Services are 3:30 p.m. Sundays at the chapel.

Catholic services Mass is 5:30 p.m. Saturdays, 9 a.m. Sundays and 11:30 a.m. Monday and Wednesday through Friday at the chapel. Catholic Reconciliation is by appointment, 4:30 p.m. Saturdays and



Photo by Staff Sgt. Maritza Freeland

STAY EDUCATED: Senior Airman Douglas Hudgins, 8th Aircraft Maintenance Squadron, gets education information from Mrs. Kyonghui Chong, an education technician at Kunsan's base education office. The office's hours are Mondays, Wednesdays and Thursdays 8 a.m. to 5 p.m., Tuesdays 10 a.m. to 5 p.m., and Fridays 8 a.m. to 4 p.m. For more information, visit the education office in building 1051, or call 782-5148 and watch channel 11.

6 p.m. Sundays. R.C.I.A. is 7 p.m. Wednesdays in the chapel conference room.

Protestant services General Protestant worship service is 11 a.m. Sundays and the contemporary praise and worship service and Bible study is 6 p.m. Wednesdays. Both services are conducted in the chapel. For information about any chapel services, call 782-4300.

Gospel Gospel services are 1 p.m. Sundays and the inspirational praise and worship service is 7:30 p.m. Fridays at the chapel.

Sonlight Inn hours The Sonlight Inn is open 6 to 10 p.m. Sunday through Thursday, 6 p.m. to midnight Friday, and 6:30 a.m. to midnight Saturday every week. For more information, call 782-5466.

Prayer & Bible studies The chapel hosts several prayer and Bible study groups at the chapel and Sonlight Inn. Groups include:

☐ Women's Bible study and fellowship at 6:30 p.m. Tuesday at the Sonlight Inn, room 2.

☐ Protestant Bible study at 9:45 a.m. Sunday at the Sonlight Inn, room 1.

☐ Gospel Bible study at 11 a.m. Sunday at the Sonlight Inn, room 2.

☐ Men's Bible study is 5 p.m. Sunday at the Sonlight Inn, room 2.

☐ Intercessory prayer is 8:30 p.m. Saturday in the chapel conference room

Miscellaneous

GSA Mart The Kunsan GSA Mart is closed for inventory Saturday through Sept. 2 or 3. For any real-world or work stoppage items needing to be purchased, call Andy Harris at 782-4001.

Catholic Pianist The base chapel is looking for a Catholic pianist to play at mass Oct. 1 through Sept. 30, 2004. Interested people should pickup a request for quotation package at the U.S. Army Contracting Command Korea Office in building 753. For more information, call Scott Estes at 782-6480.

Submit your events for Bulletins by sending an e-mail to wolfpackwarrior@kunsan.af.mil.

FREE CLASSIFIEDS

To submit an item for Free Classifieds, send an e-mail to wolfpackwarrior@kunsan.af.mil with "classifieds" and the category (Wanted, For Sale or Lost & Found) in the subject block. All submissions must contain member's rank, name and phone number and must originate from the member's e-mail account. No "personal" ads will be accepted. Deadline for submissions is noon Friday a week prior to desired printing. For more information, call 782-4705.

Wanted

Singer for a local '80s and '90s hard rock band. Band has needed equipment and about a 40 song set list. Contact CY at 782-8793, or JC at 782-9553.

For Sale

Hyundai 1991 Hyundai Sonata for \$495. Available now. Call Tech. Sgt. Joe Gallegos at 782-7127 or 782-4211 if interested.

lomega 250mb USB powered ZIP Drive with 1 250mb and 1 100mb ZIP disk. \$45.00. Call Tech. Sgt. Robert Lloyd at 782-4501



Wolf Pack Honor Guard

Seeking the Best of the Best

For more information, call Tech. Sgt. Mike Tyra at 782-5411

Club Membership Benefits

- ⇒ Free food (Wednesday and Friday nights)
- ⇒ Discounts on lunch and other meals
- ⇒ Eligible to win over \$200,000 in prizes
- ⇒ Free check cashing at any Air Force base
- ⇒ Discounts on entertainment and bingo
- ⇒ Chances to win vacations and trips



Above & Beyond
Continue your career in the Air Force Reserve, call Master Sgt. Mark Kosht, Air Force Reserve recruiter at DSN (315) 634-5174 or email at mark.kosht@kadana.af.mil

Officials release fitness-test details

by Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON — Beginning next year, Air Force officials will implement a new fitness test completely different than what airmen today are familiar with.

The more functional test will include a 1.5-mile timed run, a muscular-fitness test of push-ups and crunches and a body composition test. It is designed to measure the general health of airmen, said Maj. Lisa Schmidt, chief of health promotions operations at the Air Force surgeon general's office.

"The goal is to have a healthy, fit force that can deploy at any time," Major Schmidt said. "Our goal is to prevent the onset of diseases such as heart attacks, stroke, high-blood pressure and high cholesterol. Basically, it is about keeping members healthy so they will perform optimally, in-garrison and deployed. Healthy members are more heat-, stress- and fatigue-tolerant, and less prone to illness and injury."

To measure airmen's overall fitness, Schmidt's office and a panel of health and fitness experts developed a three-component measurement system that looks at aerobic fitness, body composition and muscular fitness, she said.

An airman's performance in each of the three component areas will earn points. They can earn a maximum of 50 points on the aerobic portion of the test, 30 points on the body composition portion and 20 on the muscular fitness portion.

The total number of points earned on the fitness test will put the airman into one of four categories: 90 or greater is excellent, 75 to 89.9 is good, 70 to 74.9 is marginal, and less than 70 is poor, Major Schmidt said.

"Scores based on health provide an opportunity for earlier intervention," Major Schmidt said. "If somebody

scores in the marginal or poor category, we know they are at higher risk for disease. Therefore, we intervene with education and more frequent testing to monitor their progress."

People scoring marginal on the test will attend a two-hour healthy-living workshop that focuses on lifestyle behavior, time management and fitness education, Major Schmidt said.

Intervention for people scoring in the poor category involves the healthy-living workshop, an individualized exercise program and a weight-loss program for those who exceed body fat standards. It also involves mandatory exercise five days a week, she said.

The test for body composition is still being finalized, but it will measure how much body fat a person has, Major Schmidt said.

Tests for other components of the fitness standard have already been determined. A 1.5-mile run will determine aerobic fitness. Airmen who are not medically cleared to run will take the cycle-ergometry test. Muscular fitness will be determined by both push-ups and crunches, which will be similar to those done in conjunction with the cycle-ergometry test.

Airmen's scores on the new fitness test will also determine how often they need to retest. People scoring "good" or "excellent" will retest after a year, while those scoring "marginal" will retest after six-months. Airmen scoring "poor" will retest after 90 days.

Just how many push-ups and crunches airmen will have to do, or how fast they will have to run, has yet to be finalized. Major Schmidt's office has developed draft charts for the composite score. The fitness standards on the draft charts are tailored to both age and gender.

While the charts are not available yet, airmen who are not already involved in some sort of exercise program should begin now,



Photo by Master Sgt. Jim Varhegyi

Almost there: Trainees at the U.S. Air Force Honor Guard technical school at Bolling Air Force Base, Washington, D.C., participate in a physical-fitness routine several times a week. Their routine, which includes push-ups, crunches and a 1.5-mile run, mirrors the proposed Air Force fitness standards, which will be implemented in January 2004.

Major Schmidt said.

"If you are not doing anything now and have concerns, see your doctor first," she said. "Begin slowly with an aerobic-exercise program such as running, jogging, swimming or biking, working up to at least 30 minutes on most days of the week.

Muscular fitness and flexibility also need to be part of a balanced fitness program. If you have questions about starting a fitness program, you can contact your local (health and wellness center). They can help develop a program that's right for you."

SPORTS SHORTS

Varsity basketball players needed

The fitness center is looking for coaches and players to participate in the base varsity basketball season. For more information, call Staff Sgt. Robyn Matthews at 782-4026.

Soccer Players needed

Wolf Pack soccer players are needed. Practice is 6:30 to 8 p.m. Tuesdays and Thursdays and 3:30 to 5:30 p.m. Saturday at the track. Games are held Saturday and Sunday at the soccer field. For more information, call Tech. Sgt. Timothy Fearney at 782-5274 or Staff Sgt. Danny Hidalgo at 782-0063.

Aerobic instructors needed

The fitness center needs aerobic instructors. The 8th Services Squadron will pay certified instructors to teach classes. For more information, call 782-4026.

Spinning instructors needed

The fitness center needs two to three spin class instructors to teach spinning classes. The 8th Services Squadron will pay certified instructors. For more information, call 782-4026.



U.S. Army photo by Tim Hippi

Getting the gold

Army 1st Lt. Anita Allen holds up the U.S. flag after winning a gold medal in the Women's Modern Pentathlon event at the 2003 Pan American Games at Santo Domingo, Dominican Republic. Allen is the first member of the U.S. Army World Class Athlete Program to earn a berth at the 2004 Summer Olympics to be held in Athens, Greece.

Intramural bowling league

The fall intramural bowling league begins the first week of September. People interested in bowling should call their units sports representative.

PACAF - Fit to Fight

Martial Arts Classes

Budo Taijutsu/Ninjutsu

Noon Saturday and Sunday - FREE

Tae Kwon Do

8 to 9 p.m. Monday to Thursday

Kuk Sool Hapkido

7 a.m. and 7 p.m. Monday to Friday

Tang Soo Do

6 a.m. and 7 p.m. Monday to Friday

Air Force marathon deadline approaches

By Brett Turner

Aeronautical Systems Center Public Affairs

WRIGHT-PATTERSON AIR FORCE BASE, Ohio — With the Sept. 5 registration deadline approaching for the seventh annual Air Force Marathon, more than 1,800 people have registered to compete. The event will take place here Sept. 20.

According to marathon officials, 1,832 people had registered to compete as of Aug. 12, including 1,758 in the 26.2-mile marathon, the four-person

relay race and the wheelchair race.

Two new races were added this year — a 5-kilometer (3.1-mile) race, and a 13.1-mile half-marathon. The figure for the total number of competitors puts it ahead of numbers registered at this time last year.

The four-person relay race has reached its maximum number of teams and is closed. However, all other events remain open.

All entries must be postmarked or handed in to the marathon office by Sept. 5.

The registration fee is \$50 for the 26.2-mile and wheelchair races, \$35 for the half-marathon and \$15 for the 5km race. All registered runners will receive a T-shirt and patch, and all finishers will receive a medallion.

Register online at <http://afmarathon.wpafb.af.mil>, or mail registration fees to: USAF Marathon, 88MSG/SBVC, 5215 Thurlow St., Wright-Patterson AFB, OH 45433.

For more information, call (800) 467-1823, (937) 257-4350 or DSN 787-4350.

Notice

Please return
any towels that
belong to the
Wolf Pack
sports and
fitness center

FitLinxx mass registration day

The fitness center hosts a mass registration for those not registered with FitLinxx Saturday 4:30 a.m. to midnight. Unit fitness representatives will be available to sign people up.

Men’s varsity basketball team



Try out dates

Saturday - 2:30 to 5 p.m.
Sunday - 3 to 6 p.m.
Monday - 7 to 9 p.m.
Thursday - 6 to 8 p.m.

Fitness center hours

Monday to Friday
4:30 a.m. to midnight

Weekends, holiday and down days
8 a.m. to midnight



Tips to Healthy Eating

Eat moderate portions:

If you keep portion sizes reasonable, it’s easier to eat the foods you want and stay healthy.

Did you know the recommended serving of cooked meat is 3 ounces, similar in size to a deck of playing cards? A medium piece of fruit is one serving and a cup of pasta equals two servings. A pint of ice cream contains four servings.

Refer to the Food Guide Pyramid for information on recommended serving sizes.

— Courtesy of the health and wellness center

Labor Day weekend promises fun

Sports day offers competitive way to spend day off

Maj. Marc Piccolo
Wolf Pack Services

Labor Day weekend is fast approaching. Tech. Sgt. Theo Tett, my community support center manager, has been working with your squadron representatives to put together a full weekend of activities.

Wolf Pack squadrons will compete for the Commander’s Cup Sept. 1 during our first Wolf Sports Day. Various squadrons have volunteered to run the events, but we can use some help with this. If your squadron doesn’t have a representative, encourage one of your troops to help us plan and conduct this wing-wide event.

The goal is to have at least one team from every squadron participate in every event. We’d like teams to sign up no later than Wednesday to allow time to build the brackets. Services will provide lunch for everyone in the Loring Club and there’ll be T-shirts for participants in the events and volunteers. The top three squadrons will earn beautiful trophies and the top point-earning squadron will win the Commander’s Cup.

Here’s the agenda so far: the golf course will host the Chief Vs. Eagle golf tournament Sept. 1.

We’ll kick off the football season with a flag football tournament Sept. 2. Interested teams can call Master Sgt. Shawn Francis at the fitness center for details.

We continue to work with your squadron representatives to make this a great event. Their input drives the activities so make sure you’re represented.

Event

5K run
Golf tournament
3 on 3 basketball
Bike race
MOPP 2 relay
HUMVEE pull
Bowling
Martial arts demonstration
Lunch buffet
Power strength
Keg toss
Three point shoot out
Bed race
Tug of war
Sumo Wrestling
Squadron jeopardy
Awards ceremony
Live band

Location

Fitness center
Golf course
Fitness center
Fitness center
Track
Avenue B
Bowling center
Club parking lot
Loring Club
Fitness center
Football Field
Club parking lot
Avenue B
Football field
Loring Club
Loring Club
Loring Club
Loring Club

Time

8 a.m.
8 a.m.
9 a.m.
9 a.m.
9:30 a.m.
10 a.m.
11 a.m.
11 a.m.
noon
1 p.m.
1:30 p.m.
2 p.m.
3 p.m.
4 p.m.
5 p.m.
6 p.m.
7 p.m.
7 p.m.

General rules

- ♦ Sign up for events will take place at the fitness center. Sports Day rosters are due to the fitness center no later than Tuesday.
- ♦ All events will be single elimination unless otherwise stated in the event description.
- ♦ Units will be awarded five participation points per team event. Note: Only one pre-designated team per squadron is eligible to receive participation points, but squadrons may enter as many teams as each event will allow.
- ♦ First place winners for each event earn 15 points, second place 10 points, and third place 5 points. Two and a half bonus points will be awarded if the squadron commander or first sergeant participates in an event. Squadron commanders and first sergeants will receive bonus points for two events each for a total of 10 points maximum.
- ♦ All events will start on time. Brackets and times will be posted 24 hours before the the event starts. Participants must be present at starting time or a forfeit will be assessed.
- ♦ Squadrons must be aware of event times when entering teams so as not to commit their team members to two events simultaneously. Events will not be delayed to make special accommodations.
- ♦ Any display of bad sportsmanship will result in expulsion of the member(s) involved from all Sports Day activities and possible loss of points.
- ♦ The team with the most points wins the 2003 Commander’s Cup trophy, which is currently displayed at the fitness center. A single team trophy will be presented to the overall winner at the awards ceremony. Second and third place trophies will also be awarded.
- ♦ T-Shirts will be awarded to each official participant in each event (those competing for team points) with a maximum number of participants for each event established by the 8th Services Squadron.
- ♦ All participants will receive a Pacific Air Forces Pentathlon game piece.
- ♦ Sumo wrestling contestant weight is limited to a maximum of 250 pounds.
- ♦ Play hard, play safe, play by the rules, but most importantly, have fun.

Wolf Sports day Events description

The following are descriptions of sporting events the services squadron has put together for Wolf Sports Day:

5K run

Teams will be limited to four runners, one must be female. The team with the lowest time wins. Any competitor who voluntarily leaves the running course will be disqualified. Squadrons may enter two teams, but only one will compete for points.

Golf tournament

Nine-hole tournament with four-person teams, shot gun start, best ball tournament with no handicap. A flat fee of \$5 will be charged that does not include rental cost. Squadrons may enter one team.

HUMVEE pull

Each team will consist of five people, one must be female. Each team must pull the HUMVEE 100 meters. The team with the fastest time wins. Squadrons may enter one team. A qualified “brake

man” will be provided.

3 on 3 basketball

The winner is determined by the first team to score 21 points or scores the most points in 15 minutes. This will be a single elimination tournament with a running clock. Squadrons may enter one team and each team is allowed one alternate in case of injury.

10K bike race

Teams will be limited to four cyclists, one must be female. The team with the lowest time wins. Squadrons may enter two teams. Participants may use their own bikes or request one be provided

MOPP 2 run relay

A 4 x 200M Relay race is MOPP 2 gear. Teams will consist of four people, one must be female. The team with the fastest time wins. Squadrons may enter one team.

Bowling

Each team will consist of four people, one must be

female. The cost is 50 cents per game and 50 cents for shoes. The highest score wins. Squadrons may enter two teams.

Power strength

Teams will consist of four people, one must be female. Each member will be required to weigh in prior to the start of event. Each person will do as many repetitions in one minute of push-ups, sit-ups and their body weight in squats as possible. Team repetitions will be totaled for final score. Squadrons may enter one team.

Keg toss

Teams consist of two players. Running stats will be allowed. Each person will have three attempts to throw it as far as they can. The longest distance toss will be used and the others discarded. The team with the furthest combined distance of both players wins.

Three point shoot out

Team consists of two players, one male and one female.

Each player has sixty seconds to make as many baskets as possible. The total points scored by both players will determine the final score. Each basket is worth one point. Each “money ball” will be worth three points. Squadrons may enter one team.

Bed race

Teams consist of five people, one must be female. One person will ride the bed while his teammates push the bed along a .25 mile street course. The team with the fastest time wins. Squadrons may enter one team.

Tug of war

Teams will have a maximum of eight people including one female; the first person in line for each team must be either the squadron commander or first sergeant.

Sumo wrestling

Each match consists of three, one-minute rounds. Squadrons may enter one male and one female team.

ARMY GETS NEW MOTOR POOL

The Army opened a new motor pool here in July. Since it opened, the Army has worked on two vehicles a day, said Army Staff Sgt. Chris Price, Foxtrot Battery motor sergeant.

“Before we got the new facility, we had to work on all the vehicles outside. Being able to work inside has greatly enhanced our operational readiness,” he said.

The \$4.2 million motor pool has new equipment and bigger bays which provide better access to vehicles and equipment.

“The patriot batteries have the largest vehicles on base, which require the higher and larger repair bays,” said Army Staff Sgt. Kevin Earl, Foxtrot Battery.

The motor pool also features spacious classrooms and more offices, for both Foxtrot and Echo Batteries, needed to accomplish the mission more efficiently.

This motor pool houses more than 80 pieces of equipment, to include trucks, trailers and generators, over 10 acres of Kunsan.



Pfc. Stephen Cale, Foxtrot Battery, performs a preventive maintenance check and repairs on a high mobility multi-purpose vehicle.



Spc. Ryedrell Carr, Foxtrot Battery, disassembles the engine on a light medium tactical vehicle.



Pfc. Stephen Cale, Foxtrot Battery, performs a bi-annual service check on a heavy expanded mobility tactical truck.



Army Staff Sgt. Chris Price (left) and Army Spc. Byron Ruise, both of Foxtrot Battery, take a fan out of a light medium tactical vehicle in for repair.



Sgt. Michael McDeritt, Foxtrot Battery, changes a radiator as preventive maintenance at the new motor pool.

Photos by Staff Sgt. Maritza Freeland